

08/22/25

Free Talk

他一说这句话，我直接**破防**了。

He said that and I **got** totally **triggered**.



What is this ?

开心果

Pistachio

[pɪ'stæʃiəʊ]



What is this ?

花生

Peanut

['pi:nʌt]



What is this ?

腰果

Cashew

['kæʃu:]



What is this ?

核桃

Walnut

['wɔ:lnʌt]



What is this ?

杏仁

Almond

['ɑ:mənd]



What is this ?

板栗

Chestnut

['tʃesnʌt]



What is this ?

瓜子

Sunflower seed

[ˈsʌnflaʊə(r)]

[si:d]



What is this ?

南瓜子

Pumpkin seed

[ˈpʌmpkɪn]

[si:d]



What is this ?

碧根果

Pecan

[ˈpi:kən]



What is this ?

松子

Pine nut

[ˈpaɪn]

[nʌt]

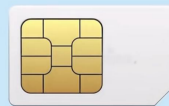
What is this called?



SIM ejector tool

/sɪm ɪˈdʒektər tu:l/

What is this called?



SIM card

/ˈsɪm ˌkɑːrd/

What is this called?



Phone case

/foʊn keɪs/

What is this called?



Charger

/ˈtʃɑːrdʒər/

What is this called?



Phone holder

/fəʊn ˈhoʊldər/

What is this called?



Screen protector

/skriːn prəˈtektər/

What is this called?



Earphones

/ˈɪrfoʊnz/

What is this called?



Power bank

/ˈpaʊər bæŋk/

What is this called?



USB cable

/juː es ˈbiː ˈkeɪbl/

What is this called?



Bluetooth speaker

/ˈbluːtuːθ ˈspiːkər/

Homework Analysis - Writing

Summary

OR: Ana enjoyed her day in a flight simulator, ...
Ana had an exciting day in a flight machine used for pilot ~~training~~ ^{such as} ~~like~~ Hawaii and
Iceland, and ^{admired} marveled at the realistic landscapes. Sitting in the pilot's
seat and learning to operate the controls, with the instructor's
help, was thrilling, even though some ^{tasks were?} maneuvers were challenging.
The experience felt ~~incredible~~ ^{incredibly} feel real, and she enjoyed
taking selfies. ~~At~~ Most importantly, Ana ^{why} cherished understanding
her dad's daily work, which inspired her to consider a similar
career. She highly recommended the day. the day of Pilot Experience
Day?

Ana had an exciting day in a flight machine used for pilot training.

simulator

/ˈsɪmjʊ.leɪtə/

释义 MEANINGS

例证

n

① (device) 模拟装置; 模拟器; 模拟系统

→ see also flight simulator

Ana had an exciting day in a flight simulator used for pilot training.

She loved choosing her own
destinations, like Hawaii and
Iceland...

She loved choosing her own
destinations, such as Hawaii and
Iceland...

虽然 summary 没有 article 那么 formal, 但是要养成写得“正式”的习惯

even though some maneuvers		even though some maneuvers were
where challenging.		challenging.

拼写错误

Ana cherished understanding her		Ana cherished understanding her
dad's daily work		dad's daily work

这句话本身有语法错误

- ① Ana cherished her dad's daily work.
- ② Ana understands / understood her dad's daily work.

She highly recommended the day.		She highly recommended the Pilot
		Experience Day / this event / this
		activity.

Ana 推荐的是她的一天还是她所体验的这个活动?

是 Pilot Experience Day 这个活动 ~

Article

8.19 Buying
Buy Local Food: A Smart Choice for Our Community

Nowadays, there is a growing debate ^{over} whether people should buy only locally produced food. While some argue that imported food ^{is of higher quality / is with higher quality} ~~is more high quality~~, others believe ^{that} local products are healthier and cheaper. In my ~~opion~~ opinion, supporting local farmers has ~~significant~~ ^{significant} benefits, but a balanced approach is essential. ?

⇒ Did you explain the reason in the following paragraphs?

OR: the economy in that area (这就是“local”)
 Firstly, buying local ^{food} strengthens the local economy. When we purchase ~~food~~ from nearby farmers, they earn more, which allows them to invest in their businesses and ~~support~~ support other local ~~indus~~ industries. For example, extra ~~income~~ ^{increased} income can help farmers improve their equipment, leading to better productivity. Therefore, spending on local products indirectly boosts the entire community.

Secondly, local food is more environmentally friendly. Imported goods require long-distance transportation, which increases carbon emissions. In contrast, local products travel shorter distances, reducing pollution. For instance, choosing apples from a nearby orchard instead of those shipped from abroad, significantly lowers the carbon footprint.

But the cheaper one you mentioned in paragraph 1 is "local food".

In conclusion, while imported food may be cheaper, local products offer economic and environmental advantages. A mix of both can ensure affordability while supporting sustainability.

Did you explain in the above paragraphs?

角发左野
Q I went //// had gone //// he had already traveled //// broke ////
We saw, had broken, we stopped stopped
What is this? 😕

Title

Buy Local Food: "A Smart Choice for Our Community"

Buying Local Food: A Smart Choice for Our Community

*动名词: 把一个动作当作“事情 / 行为 / 主题”来看

*如果去掉“:”, 这个标题就是一个句子: Buying local food is a smart choice for our community.

当动词作为以上三种情况存在的时候, 要用动名词

*如果用“buy”, 就变成祈使句啦

Introduction

While some argue that imported food is more high quality, ...

While some argue that imported food **is of high quality**, ...

OR

While some argue that imported food **is with high quality**, ...

① be + of + 抽象名词 ➡ 固定表达

② 句子结构:

is → 系动词 (be 动词)

of high quality → 介词短语, 作表语, 修饰主语 (imported food)

所以: is of high quality = is high-quality

... but a balanced approach is essential.

删掉

句子本身没问题

但是下文并没有关于 “balance approach” 的内容

Body Paragraph 1

Firstly, buying **local** food strengthens the **local** economy.

Firstly, buying local food strengthens the economy (in that area).

论点一般比较短, 用于强调你所立场的原因

所以尽量减少单词重复

或者说 “Firstly, buying local food strengthens the economy.”

... leading to better productivity.

... leading to increased productivity.

① better productivity ➡ 更好的生产力

很模糊 ➡ “好” 在哪里？是效率提高？数量增加？还是质量提升？

② increased productivity ➡ 生产力提高

Increased ➡ 提高了的、增加了的 ➡ 强调的是 数量/效率的增长

Body Paragraph 2

For instance, choosing apples from a nearby orchard insdead of those shipped from abroad significantly lowers the carbon footprint.

For instance, choosing apples from a nearby orchard instead of those shipped from abroad significantly lowers the carbon footprint.

拼写错误 ➡ same thing happens again

Conclusion

... while imported food may be cheaper, local products offer economic and environmental advantages.

和 introduction 段写的内容相反

① What you have mentioned in introduction: (local products + cheaper)

food ^{is of higher quality / is with higher quality} ~~is more high quality~~, others ^{believe} ~~believe~~ ^{that} local products are healthier and cheaper. In my ~~opion~~ ^{opinion}, supporting local

② Forrest 要时刻记得回看自己写的内容，包括前面段落，和前面一个句子，以免出现自相矛盾的内容。

A mix of both can ensure affordability while supporting sustainability.

拓展

要写 “a mix of both” 的话，文章

结构是怎样的？

Body paragraph 1: 买 local food 好处

Body paragraph 2: 买 imported food 好处

Conclusion: balance

Forrest 文章（支持一方）：

支持 local food

Body paragraph 1: 买 local food 好处 1 - 经济

Body paragraph 2: 买 local food 好处 2 - 环境

Conclusion: 支持买 local food

第二和第三段作为论述段，没有解释为什么 “a mix of both” 是更好的办法

所以在结尾也不要提哦，因为没有对应的解释。

New Writing Task - In-class Practising

Exercise 7

Some people say that there is too much pressure on young people to lead a healthy life nowadays.

Here are some comments from your friends about the subject:



Write an article for your school magazine giving your views about the issue.

Your article should be between 100 and 150 words long.

The comments above may give you some ideas but you are free to use any ideas of your own.

You will receive up to 5 marks for the content of your article, and up to 5 marks for the style and accuracy of your language.

IDEAS

反方：突出 pressure 的负面影响

① 我们周围环境给到的压力

② 没有做真实的自己

③ 缺乏选择的自由

正方：突出 pressure 的积极影响

① 不是压力，是督促

② 不是压力，是关心

③ physical healthy ➡ mental health

Introduction:

Nowadays, health is a **big** (➡ major) **concern** for young people. Some believe it is **everyone's duty** (➡ responsibility) to stay fit and eat well, while others argue that too much advice on diet and exercise only adds pressure. In my view, health matters, but young people do face too much pressure to live **perfectly** (➡ an ideal healthy life).

Body Paragraph 1:

Point: Firstly, one source of pressure is from the environment around us.

Explanation: 压力来自: social media / school / family / advertisement / society influence

Example: fitness influencers → guilt / comparison / unrealistic body image

Link/point: leads to anxiety, stress, not real health

Body Paragraph 2:

Point: Secondly, young people may not live as their true selves with too much pressure.

Explanation: forced to follow trends / lack of freedom / lose

individuality...

Example: copy fitness bloggers / intense workout ➡ harmful for body /

unhealthy imitation

Point/Link: ...

Conclusion:

自己写

Homework 1 - ARTICLE

完成 P11-13 的 Article

Homework 2 - Summary

- 11 Read the article from a school magazine about a popular chain of stores called *The Body Shop*.

Write a summary about what the student learned during their business studies lesson about *The Body Shop*.

Your summary should be about 80 words long (and no more than 90 words long). You should use your own words as far as possible.

You will receive up to 6 marks for the content of your summary, and up to 6 marks for the style and accuracy of your language.

The Body Shop

You've probably heard of *The Body Shop*, as it has stores in many countries around the world. At school last week, we studied *The Body Shop* as part of our business studies course. We had to find out some information before the lesson, so I already knew some facts, but then I learned a lot more during the lesson.

The Body Shop sells cosmetics – things like make-up and shampoo. I knew this already because my mum buys things there. I hadn't realised until the lesson that it sells cosmetic products for men as well as women.

Before the lesson, I did some research online. I read that *The Body Shop* was set up by a British woman called Anita Roddick, and the first store opened in the UK in 1976. Apparently, the idea for the store was inspired by a similar store in California that had the same name – one of my friends told us that in the lesson. I'd also read through my research that the company was successful from the start, expanding quickly throughout Britain, then into Europe and worldwide. In the lesson, I discovered that the first overseas store opened in Belgium. Our teacher also told us that *The Body Shop* is now owned by a Brazilian company.

Before the lesson, I'd noted that Anita Roddick's original idea was to sell products made with natural ingredients, using simple packaging. In the lesson, I found out that customers could return their plastic bottles to be refilled with the same product. I was really impressed by that, as this was a long time before most of us became aware of the problem of plastic. I already knew that the company is against cruelty to animals, but I was interested to find out in the lesson that none of their products have been tested on animals. *The Body Shop* also supports farmers who supply the ingredients for the company's products – I learned this in the lesson, as well as the fact that making a profit was not Anita Roddick's main aim – instead she wanted to do something good. It seems she did just that!